POLE VAULT WINTER CLINIC 2017

Marissa Kalsey ’16, 8 time NCAA All-American, 2017 NCAA National Champion

Cassidy Shepherd ’17, 4 time NCAA All-American

Sunday, October 29, 2017
Clinic will run from 3 - 7 p.m.
COACH RHOADES’
COACHING PHILOSOPHY

I firmly believe in coaching every day like it is my last. I vow to coach with energy and enthusiasm every moment of every day. My goal is not to win, but rather it is to coach winners. In reaching my goal, I instill qualities within my athletes that they will have for life, which will allow them to persevere in times of hardship. I show by example how to live a life that is 100% positive and encouraging. I enable athletes to achieve what they never thought possible, by teaching them how to believe in themselves and the abilities they physically and mentally possess. I am determined to gain as much knowledge as possible about pole vaulting and then to mold the knowledge into my coaching style and beliefs.

UNDERSTANDING YOURSELF IS THE KEY TO SUCCESS!

TITAN POLE VAULT
BELIEF STATEMENT

Work hard for everything and when you think that you have worked hard enough, WORK HARDER!!

Brooke Marcaso ’17,
NCAA All-American
Why Westminster Pole Vault Clinic?
This camp is designed to improve vaulters of all ability levels, from beginner to elite. Whether you have never vaulted or you’re a seasoned veteran, this is the camp for you to learn and improve.

- Pit coaches
- 120’ raised runway
- Video of every jump
- More than 120 drills to fix your vault
- Classroom lectures that address your specific needs as a vaulter
- Individual evaluations
- List of recommended improvements for your upcoming season with a specification of which drills you should practice most to make improvements

Clinic Outline
- Clinic dates beginning Oct. 2017 - Feb. 2018
  Oct. 29; Nov. 5; Nov. 12; Nov.19; Dec. 3; Dec. 10; Dec. 17; Jan. 7; Jan. 14; Jan. 21; Jan. 28; Feb. 4; Feb. 11
- Video analysis of elite vaulters
- Drill session
- Vault session
- All vaulters will have each session, but the order changes based on the day
- Cost: $250 for all 13 clinic dates
  There are no partial packages

RESERVE YOUR SPOT TODAY BY SENDING A NON-REFUNDABLE PAYMENT OF $250 TO THE ADDRESS ON THE BACK.

Space is limited. Confirmation of getting a space at the clinic will be sent via email. You may pay in full on the day of registration if there are spots still available.
ABOUT THE COACHES

**Tom Hale**
- 31 years of vaulting experience
- 2 national champions
- 7 PIAA state champions
- 15 PIAA state medals

**Joe Sanford**
- 41 years of vaulting experience
- McDowell High School 30 years
- 1 national champion
- 13 PIAA state champions
- 48 PIAA state medals

**Bradi Rhoades**
- 25 years of vaulting experience
- Westminster Pole Vault Coach 9 years
- 13 NCAA Division III All Americans
- 26 Presidents’ Athletic Conference champions
- 25 Division III national qualifiers
- 78 Presidents’ Athletic Conference medals
- Wilmington Area High School 2 years
- 2 PIAA state medals

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Hailey Hall
Waiver & Release:

In consideration of my application being accepted, I, intending to be legally bound, do hereby release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against Westminster College and the Pole Vault Camp/Clinic Staff (Bradi Rhoades, Tim McNeil, Thomas Hale, Joe Sanford and any other Camp/Clinic staff member) for any or all damages which may be sustained or suffered by me in connection with my participation in and/or rising out of my traveling to or returning from said Camp/Clinic; or the campus of Westminster College. I understand that pole vaulting is a risk and that injuries can be a consequence of participation in this activity and no amount of reasonable supervision or use of the facility will prevent injuries. I have carefully considered how the possible consequences of any injury may impact my child’s life, and I choose to accept this risk and allow him/her to participate in the designed activity.

Westminster College Pole Vault Camp/Clinic reserves the right without notice to modify, change or revoke the arrangements, regulation, curriculum and instructional materials used in its programs. Westminster College Pole Vault Camp/Clinic reserves the right to refuse admission to any student at anytime should Westminster Pole Vault Camp/Clinic determine such action is in the best interests of the school or student. Westminster College Pole Vault Camp/Clinic assumes no liability for personal injury or for the loss or damage of personal property.

I have read and understand the Waiver & Release Form

Signature of Parent/Guardian:

_________________________________________________

Date: ____________________________________________

Name of Vaulter: __________________________________

School: __________________________________________

Current Grade: _________ Personal Best: _________

Shirt Size: ____________ Sex: M       F

Vaulter’s Cell Phone: ______________________________

Parent’s Phone: __________________________________

Emergency Phone: ________________________________

Street: __________________________________________

City: ____________________________________________

State: _______________ Zip: _______________________

Email: __________________________________________
Bradi Rhoades, Camp Director
Track and Field Pole Vault Clinic
Box 185
319 S. Market Street
New Wilmington, PA 16172

CALL: 724-496-5863
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